

# Health Matters

SPRING  
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## A Word from the Administrator

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It looks like 2017 promises to be another very challenging, busy, yet productive year for the agency. Unfortunately as I write this article, there is no permanent Illinois budget in place; however, I'm told that legislators are working behind closed doors to come to a resolution. We'll just have to wait and see.

Regardless, the Logan County Department of Public Health (LCDPH) is continuing to strive to meet the needs of the community as are all health departments across the State of Illinois. Our public health mission to prevent disease, promote healthy living and to work with our partners to protect the community will continue forward. On a positive note, since December, we have expanded our hours and are now open on Fridays from 7:30am until noon.

On the subject of expanding, we are embarking on a partnership with Southern Illinois University (SIU) Center for Family Medicine as I have noted in previous newsletters. The great news is that SIU was awarded their federal grant in December and will be making their way to Lincoln very soon. I'd like to offer our congratulations to SIU as they are just one of two agencies in Illinois to receive this federal grant. Only 75 agencies nationwide received

this award. This is quite an accomplishment!

Since the grant was awarded, the transition process has been moving very rapidly. We have been routinely meeting with SIU on plans to move forward and construction work at the health department commenced on January 19<sup>th</sup>. I would like to again extend our gratitude to the Abraham Lincoln Memorial Hospital (ALMH) Foundation who, through their generosity, has made construction of the SIU Center for Family Medicine possible. Along with SIU, we are proud to partner with ALMH on this project, and we are truly aware of the positive impact the SIU Center for Family Medicine will provide for families throughout Logan County and neighboring communities. The clinic is targeted to start in April and more details will be provided to the public as we move forward. During the remodeling process, health department business will continue as usual, but we do ask that you please pardon our dust.

SIU will also manage the operation of the dental clinic at LCDPH and the current staff, including Dr. Molitoris, will continue to provide services so patients can continue to enjoy the professional care they have come to expect at the clinic. In addition, SIU plans to add

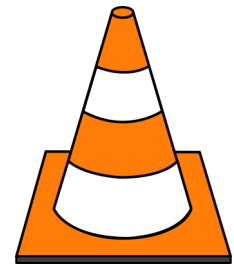
an additional exam room and personnel to increase the service capacity of the clinic.

Having public health, primary care and dental services all under one roof means the community will have access to both healthcare treatment and prevention services conveniently at their fingertips. We certainly hope the community will take advantage of the opportunities LCDPH will provide along with its partners. A primary goal of public health is to assure citizens have easy access to affordable health care, and this partnership will certainly make it possible.

On behalf of the LCDPH, I would like to thank everyone for their support by taking advantage of what our agency offers, and with all the new services and partnerships becoming available in 2017, this year should be a turning point as we continue to move forward in our efforts to improve the health of our community.

Best Regards,

Don Cavi, MS, LEHP  
Public Health Administrator



**Please  
Pardon our  
Mess!  
We are**





## Coming to Lincoln April 3<sup>rd</sup>



In partnership with the Logan County Health Department and Abraham Lincoln Memorial Hospital, the SIU Center for Family Medicine is opening a new site that will be housed at the Health Department on 109 3<sup>rd</sup> Street.

The SIU Center for Family Medicine, also known as a Community Health Center, provides access to health care regardless of insurance status or ability to pay. As a HEALTH “home,” the medical providers establish an ongoing relationship with patients to coordinate care for both wellness and illness. Our clinic will provide medical services for the whole family:

Patient-Centered Care for your Whole Family:  
 Women’s Health  
 Children’s Health  
 Preventative Care  
 School & Sports Physicals

In addition, we are integrating our medical clinic with the existing dental clinic there to provide the whole family with services all in one convenient location.

We will accept appointments after March 20<sup>th</sup> for medical so call the following number for an appointment: **217-735-2317**

### Immunization Series: Diphtheria

*Infectious Disease RN Mary Anderson*

Parents and grandparents occasionally come to the clinic questioning, “Are all these shots necessary?” As we explain the nature of the disease which the shots protect against, the reasoning for vaccination becomes clear. This issue will be the first in a series on vaccine preventable diseases.

At 2, 4, 6 and 15 months, infants receive a DTaP (Diphtheria, Tetanus and acellular Pertussis). A booster is given at 4 to 6 years followed by an additional booster at 11 -12 years of age in the form of Tdap. Adults should get a Td booster every 10 years through out life. Pregnant women receive a Tdap with each pregnancy. Adults who have never received a Tdap should receive one within their lifetime.

“D” stands for diphtheria. Diphtheria is a serious bacterial infection that the toxin (poison) *Corynebacterium diphtheriae* produces. The infection is spread from person to person through respiratory droplets when an infected person coughs or sneezes. The bacteria can also be

transferred by coming into contact with contaminated objects.

The poison destroys respiratory tissues. Within 2-3 days, the dead tissue forms a thick, gray coating which covers the tissue in the nose, tonsils, voice box and throat making it very hard to breathe and swallow. The Greek term, *diphtheria*, meaning leather hide, refers to the appearance of the tissue membranes. Other symptoms include weakness, sore throat, fever and swollen glands in the neck. The neck swelling is referred to as a “bull neck”. The poison may also get into the blood stream and cause damage to the heart, kidneys, and nerves. Skin lesions can develop.

Doctors diagnose diphtheria by testing a swab from the throat or lesion. Once the swab is obtained, it is important to begin treatment immediately and not wait on the lab confirmation.

Antibiotics are used to kill the bacteria. Diphtheria antitoxin is administered in the vein or muscle to stop the poison produced by the

bacteria. Even with this treatment about 1 in 10 people who get diphtheria will die. In children younger than 5 years, as many as 1 out of 5 die from diphtheria.

Once treated, the person is kept in isolation for 48 hours. When the antibiotic is completed, the doctor will run tests to make sure the bacteria is no longer present in the patient’s body.

In 1921 there were 206,000 cases of diphtheria in the United States resulting in 15,520 deaths. Those rates dropped quickly in the 1930s after vaccines were introduced. Between 2004 and 2015, 2 cases of diphtheria were recorded in the United States thanks to vaccinations.

Soreness from the vaccine may last for a day or two but the benefits of the diphtheria vaccine outweigh the discomfort. To receive your vaccination or for more information on vaccines, call or stop by the Health Department.

Source: CDC



## West Nile Virus

### Environmental Health



As spring approaches, mosquitoes are now becoming more active. This increased activity means that people are at risk for becoming infected with West Nile Virus (WNV). West Nile encephalitis is an infection of the brain caused by the WNV which is transmitted through the bite of an infected mosquito.

In addition to WNV, mosquitoes also carry the virus capable of transmitting other forms of encephalitis such as Lacrosse and St. Louis. To reduce the risks of becoming infected by mosquitoes, it pays to “fight the bite” by taking the following precautions:

- Avoid the outdoors when mosquitoes are most active, especially between dusk and dawn.
- When outdoors, wear shoes, socks, long pants and a long-sleeved shirt.

Mosquitoes are attracted to dark colors so light-colored clothing is preferred.

- Apply insect repellent which includes DEET, picaridin or oil of lemon eucalyptus. Contact a physician before using repellents on infants and always follow the label instructions.
- Eliminate ways for mosquitoes to gain entry into your home. Be sure screens that protect doors and windows are tight-fitting, free of tears and are in good repair.
- Eliminate all sources of standing water that can support mosquito breeding such as flower pots, clogged gutters, old tires, unused wading pools and other receptacles. Bird bath water should be replaced weekly.
- To report public tire dump sites, abandoned pools, areas of standing water in roadside ditches, flooded

yards or similar conditions which may produce mosquitoes, you can contact your local municipality or the Logan County Department of Public Health.

If you are bitten by a mosquito, there is no reason to be tested for WNV since illnesses related to mosquito bites are rare. However, if you develop symptoms such as high fever, confusion, muscle weakness or severe headaches, you should see your doctor.

The Logan County Department of Public Health Annually operates a program made possible by a State of Illinois grant to collect dead birds for West Nile Virus testing. The program is scheduled to continue once funding becomes available and the public will be notified.

*Information Source: IL Dept. of Public Health*

## Temporary Food Establishment Safety

### Environmental Health

With warmer weather approaching, many groups or organizations will be holding public functions which include the preparing and/or serving of food at temporary food stands. The Illinois Food Service Sanitation Code classifies temporary food service operations as food establishments which must comply with state food sanitation regulations. This means any temporary food establishment that prepares and/or serves food for public consumption, regardless of whether there is a fee for the food or not, is to be regulated by local health authorities. This does not include family gatherings or potlucks. Logan County has adopted the state code by ordinance and the health department is tasked with the regulatory authority for such temporary food establishments to help protect the public and educate food service workers.

To help achieve compliance, the health department asks that anyone planning to operate a temporary food establishment or prepare food for the public on a temporary basis, regardless of duration, complete and submit application paperwork to the department

at least five (5) working days prior to operation.

Temporary establishments operating for only one day will be asked only to complete and submit an “Application for Temporary Food Establishment Non-Licensed Event” form and checklist. There is no inspection or fee associated with the application and the health department will review this in advance of the event to provide assurance that operators will adhere to proper food safety measures.

Temporary food establishments operating more than one day must complete an “Application for Temporary Permit” and submit this to the health department prior to the event. There is a graduated fee starting at \$45.00 for a permit to operate a 2-3 multiple-day establishment and the health department will need to conduct an opening inspection at the start of operations.

In addition, it is unlawful to prepare food for public consumption from a private home or non-regulated kitchen in Logan County since home-kitchens are not

approved by the Logan County Food Ordinance. If you would like to prepare and/or serve food to the public, and are interested in starting your own food establishment business, you are urged to first contact the health department to seek assistance in assuring you are in compliance with Illinois and Logan County regulations.

The Centers for Disease Control and Prevention estimates that each year roughly 1 in 6 Americans (or 48 million people) experience foodborne illness. Of those, 128,000 are hospitalized, and 3,000 die of foodborne diseases. The Logan County Department of Public Health strives to prevent foodborne illness and is counting on your cooperation this summer to help create a safe foodservice environment.

If you would like additional information regarding temporary food requirements, you can contact the department or log onto the website at [WWW.LCDPH.ORG](http://WWW.LCDPH.ORG). The website also contains useful food safety information and printable forms for your convenience.



# Public Health

Prevent · Promote · Protect

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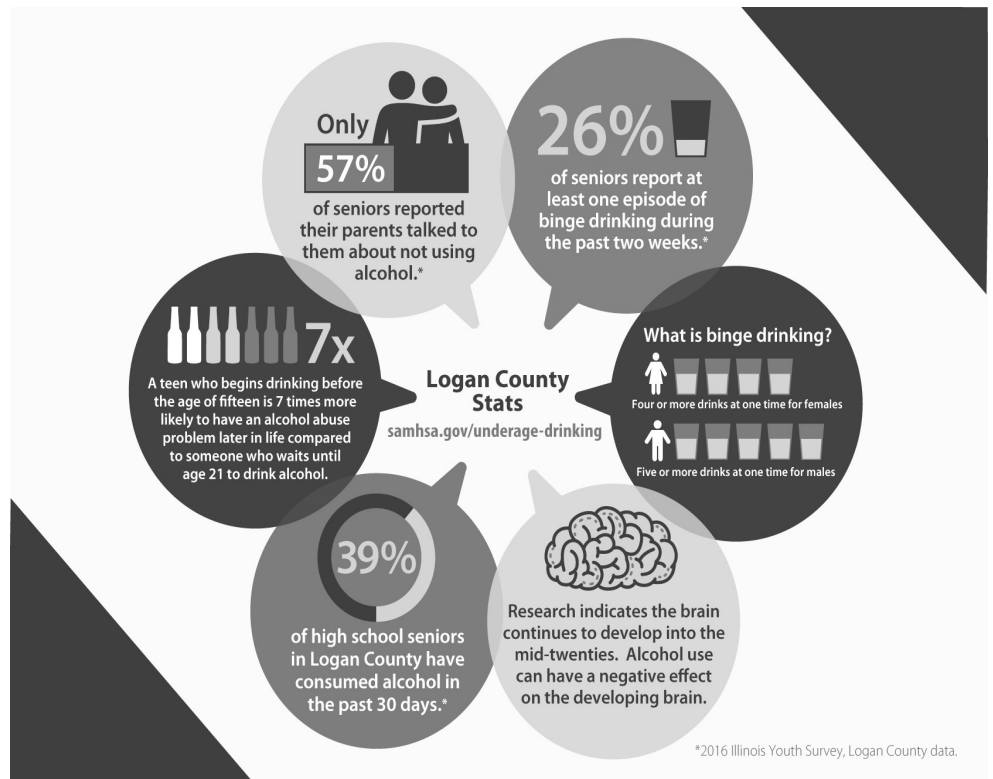


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